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Research Paper...

EFFECT OF STRUCTURE TEACHING PROGRAM THROUGH PAMPHLET ON KNOWLEDGE AND PRACTICE REGARDING EXPRESSION OF BREAST MILK AND ITS STORAGE AMONG WORKING ANTENATAL MOTHERS

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Abstract

Breast feed is the most natural food and breast milk is the best milk for the baby. When it is not possible to directly breast-feed, expression of breast milk is beneficial for both baby as well as the mother, it provides nutrition to the child and prevents breast complications in mother. Thus, a pre-experimental study to assess the effectiveness of structured teaching program through pamphlet on knowledge and practice (through return demonstration) regarding Expression of Breast Milk (EBM) and its storage among working antenatal mothers in selected hospitals of Indore was done. A pre-experimental research approach with one group pretest and posttest design was used in the study. The population consisted of working antenatal mothers both primigravida and multigravida mothers attending Choithram Hospital and KRG's Blessed Mom's Clinic of Indore. A sample size of 60 working antenatal mothers was selected using purposive sampling technique. Structured questionnaire was developed for data collection and a planned teaching program was carried out regarding expression of breast milk and its storage through Pamphlet on EBM and procedure of expression of breast milk was demonstrated on dummy breast. The post test was taken after 7 days of pre test and structured teaching program. Findings of the study indicated that the mean pre test score of knowledge was 3.75 and post test scores of knowledge score of working antenatal mothers was 9.35 with the mean difference of 5.666. The computed 't' value of 29.63 at degree of freedom 59, showed that there was significant difference in the knowledge score of pre test and post score at the level $p \leq 0.05$. For practice (through return demonstration), the pre mean score of practice (through return demonstration) check list was 4.716 and the post mean score was 10.966 and mean difference was 6.250. The computed 't' value of 27.17 at degree of freedom 5, indicated that there was significant difference in the practice (through return demonstration) score of pre test and post score at the level $p \leq 0.05$. The findings of the mean knowledge score of 5.666 and mean practice (through return demonstration) score of 6.250 showed moderate positive correlation of post test knowledge score with post test practice (through return demonstration) score. Hence it was inferred that there was improvement in the level of practice (through return demonstration) among working mothers with the gain in knowledge which showed positive correlation between post knowledge and practice (through return demonstration) score.

Keywords: Expression of Breast Milk (EBM), Storage, Knowledge, Practice (through return demonstration), Effectiveness, Pamphlet, Structured Teaching Program(STP).